

Brushing Buddies Shopping List

Below is a list of supplies suggested for the Brushing Buddies Activities. This list is only a guide and does not reflect all of the materials you will need. Customize your list based upon which activities you are including in your event. Remember to add items necessary for setting up Brushing Buddies in the site you have chosen.

For all participants:

Name tags

Tote bag or something in which to carry items received at Brushing Buddies

Copy of the book to be read

Information on community nutrition and oral health resources

Fruit and Vegetable Bean

Bag Toss

foam core board for bean bag toss;

mouth shaped

fruit and vegetable bean bags

prizes (optional)

Face Painting

tempera paint for designs

pictures of nutrition and dental designs

for children to choose

paint brushes

Music Booth

song sheets

Visit the Dental Hygienist

toothpaste

tooth brushing chart

stickers

large set of teeth

giant toothbrush

Touch, Feel, Smell Booth

food items such as kiwi, broccoli, tofu, string cheese, and other tooth-friendly foods

Make Your Own Cookie Cutter Cheese

cheese slices

small cookie cutters in shape of tooth, toothbrush, or food items

Reading Corner

Variety of books on nutrition and oral health topics

Guess The Food

large sock or small paper bag

food items (2 of each)

toothbrush (2)

toothpaste (2)

Tooth Friendly Snack

Oat ring cereal (such as Cheerios)

Crisp square cereal (such as Crispix or Chex)
Goldfish shaped cheese crackers
Pretzels
M & Ms
Dried cranberries
snack sized sandwich bags

Happy Tooth-Sad Tooth

happy tooth design
sad tooth design
2 small boxes
pictures of foods

Sunny Smiles

red construction paper
white construction paper
glue sticks
child safety scissors

Tooth Brushing Mobile

colored paper for mobile pieces
colored yarn
scotch tape
mini stickers

Tooth Saver Bags

tooth saver bags
fruit and vegetable stamps
stamp pads in different colors

celery sticks
cream cheese
raisins
orange wedges
recipe sheets

Merry Go Round Snacks

apple slices
peanut butter
pretzel rings

Healthy Eating Hokey Pokey

music for hokey pokey
pictures of foods in food groups



Ants on a Log and Orange Smiles

Catch the Toothbrush

2 different colored Nerf Balls or a giant
stuffed toothbrush and toothpaste

Everyone Smile

film for camera
magnetic strip tape
card stock for frames
miscellaneous stickers
double stick tape for pictures
stamp pads in different colors
fruit and vegetable stamps

Nutrition Bowling

empty juice or milk containers
small ball
prizes (optional)
tape to mark bowling lines

Healthy Teeth Walk

large pictures of foods, teeth,
toothbrushes, toothpaste (2 of each)
Music
Cassette player

Visit the Dentist

toothpaste
dental mirror
smocks
x-rays and x-ray viewer
masks
other dental equipment